2026 - Symptoms Now, and Summary

Coming back to this as I transition. Realiziing, there are still body issues that have never been addressed through the medical overshadowing/gaslighting that comes with aligning with a partner who has dark traits, his choice of health care for you, and how the coercive control and narcissitic abuse impacted the dynamic.

I am keeping what remains, but I will be search for a new PCP noting "red flag" signs and simply choosing, a home base, that doesn't dismiss my intelligence or write it off as an expression of anxiety.